



Physical Education (PE) Curriculum Purpose and Rationale

Curriculum Purpose: Why study Physical Education (PE)?

Intent

At Roberts Primary, we believe that Physical Education (PE) is a vital part of a child's education. It equips children with the knowledge and skills needed to positively impact their physical health and well-being, fostering lifelong fitness and informed life choices. Exercise plays a crucial role in academic achievement, emotional well-being, and social interaction. Therefore, both teachers and children should recognise its importance.

PE enhances children's knowledge, skills, and understanding, enabling them to participate with growing competence and confidence in various physical activities. We offer a broad and balanced PE curriculum, ensuring that every child engages in activities that are enjoyable, dynamic, and purposeful.

By providing positive experiences, we encourage a lifelong enthusiasm for physical activity and promote healthy lifestyle choices. PE also helps build self-esteem by developing physical confidence and problem-solving abilities. It teaches children resilience in both success and failure, whether in competitive, individual, or team-based activities.

Our diverse PE program includes athletics, dance, games, gymnastics, outdoor education, and swimming. We strive to deliver a high-quality curriculum that meets the needs, abilities, and interests of every child.

Roberts Primary School has adopted the Complete scheme of work for PE but with some adaptations made to meet the school's specific needs.

Implementation

At Roberts Primary, the fundamentals of PE are taught through two sessions per week by class teachers. Children receive high-quality lessons that are carefully planned based on our Complete PE scheme and informed by assessments from previous sessions to ensure continuous skill development.

In EYFS, children will negotiate space and obstacles safely, with consideration for themselves and others. They will demonstrate strength, balance and coordination when playing. They will also move energetically in activities such as running, jumping, dancing, hopping, skipping and climbing.

In Key Stage 1, children will continue to develop fundamental movement skills, becoming increasingly competent and confident in these. They will access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They will be able to engage in competitive (both



against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. The Children will achieve these by taking part in Gymnastics, Dance, Games and Outdoor Adventurous Activities (OAA).

In Key Stage 2, children will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will be communicating, collaborating and competing with each other. They will also develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. The children at Roberts will achieve these by taking part in Dance, Gymnastics, Invasion Games, Outdoor Adventurous Activities (OAA), Net/Wall Games and Striking and Fielding Games (See PE Provision Map).

Students have access to a variety of resources and sports equipment, allowing them to participate in diverse activities and refine their abilities. Additionally, in Years 4 and 5, they benefit from swimming lessons led by trained swimming coaches to ensure a high level of swimming proficiency before leaving Roberts Primary.

The school provides access to two indoor halls, a multi-use games area (MUGA) and 2 large playgrounds creating a safe and supportive environment for a wide range of sports and activities.

Impact

The impact of high-quality PE lessons means that the children of Roberts Primary will be physically literate, understanding how their bodies move and the importance of maintaining a healthy lifestyle. They will gain knowledge and understanding of a wide range of skills and tactics, building on these each year through Physical Education, preparing them for their transition to secondary school.

Through PE, children will develop self-esteem and the confidence to perform both individually and as part of a team. They will learn to collaborate effectively, communicate with teammates, and demonstrate sportsmanship, incorporating Roberts Primary values of being respectful, responsible and ready to learn.

Additionally, children will become critical thinkers, solving problems and discussing strategies with confidence. By experiencing high-quality physical education, school sport, and physical activity, they will develop a genuine enthusiasm for staying active. Every child will feel confident and ready to participate, fostering lifelong enjoyment, engagement, and healthy lifestyle choices.

National Curriculum

Roberts has adopted the Complete PE scheme of work and identifies how each of the National Curriculum's statutory attainment targets for Physical Education is covered in each of Complete PE's units. Complete PE offers ideas as to how teachers adapt lessons for those children with SEND.

Physical Education Curriculum Aims (end-points)

What are the aims, endpoints, of specific stages of the curriculum?

At Roberts Primary, Physical Education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

In **EYFS**, children should be active and interactive, developing their coordination, control, and movement. They should also be guided to understand the importance of physical activity and making healthy choices regarding food.

In **Key Stage 1**, children should master basic movements such as running, jumping, throwing, and catching while developing balance, agility, and coordination. They will begin applying these skills across various activities, including team games, where they will develop simple tactics for attacking and defending. Additionally, they will perform dances using simple movement patterns.

In **Key Stage 2**, children should continue refining and expanding their range of skills, learning how to apply them in different ways and link them into sequences of movement. They will integrate these skills within different sports, gaining an understanding of rules and techniques. Additionally, they should develop confidence in communication, collaboration, and competition, fostering both teamwork and individual growth.